

# 2019 Montana Youth Risk Behavior Survey



## Sleep Deprivation Report

A Health Risk Behavior Comparison of  
Montana High School Students Based on Sleep Time

Youth Risk Behavior Survey Program  
Health Enhancement and Safety Division  
May 2020

# 2019 Montana Youth Risk Behavior Survey – Sleep Deprivation Report

## Montana Youth Risk Behavior Survey

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The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2019 YRBS was conducted in February 2019. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire was designed without skip patterns to ensure survey completion by students in a similar period of time.

## Survey Validity, Limitations and Results

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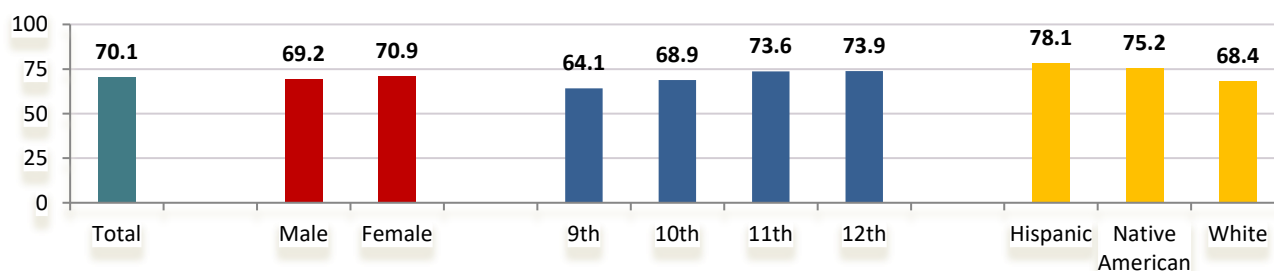
Data used in this report from the 2019 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all Montana high school students in grades 9 through 12. However, users should be careful in using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonuse, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

For this report, the 70.1 percent of Montana high school students classified as being sleep-deprived are those students who reported getting less than 8 hours of sleep on an average school night. Fifty-eight separate risk behaviors were queried for association with sleep deprivation. These findings are presented in bullet, table, and graph forms in the following report.

### MONTANA - SLEEP DEPRIVATION

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70.1 percent of Montana high school students report getting less than 8 hours of sleep on an average school night. Children and young adults are most vulnerable to the negative effects of sleep deprivation.



For more on the YRBS go to [www.opi.mt.gov/yrbs](http://www.opi.mt.gov/yrbs).

## 2019 Montana Youth Risk Behavior Survey – Sleep Deprivation Report

### Findings

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Montana high school students who are sleep-deprived are more likely than those students who get 8 or more hours of sleep to have:

- Never or rarely wore a seat belt when riding in a car driven by someone else (9% of sleep-deprived students, 5% of students who get 8 or more hours sleep).
- Never or rarely wore a seat belt when driving (9% of sleep-deprived students, 5% of students who get 8 or more hours sleep).
- Rode with a driver who had been drinking alcohol during the past 30 days (21% of sleep-deprived students, 14% of students who get 8 or more hours sleep).
- Drove when drinking alcohol during the past 30 days (8% of sleep-deprived students, 4% of students who get 8 or more hours sleep).
- Texted or e-mailed while driving a car during the past 30 days (56% of sleep-deprived students, 47% of students who get 8 or more hours sleep).
- Used the Internet or apps on a cell phone while driving a car during the past 30 days (48% of sleep-deprived students, 42% of students who get 8 or more hours sleep).
- Carried a weapon such as a gun, knife, or club during the past 30 days (19% of sleep-deprived students, 25% of students who get 8 or more hours sleep).
- Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days (10% of sleep-deprived students, 7% of students who get 8 or more hours sleep).
- Been threatened or injured with a weapon on school property during the past 12 months (9% of sleep-deprived students, 5% of students who get 8 or more hours sleep).
- Ever been physically forced to have sexual intercourse when they did not want to (11% of sleep-deprived students, 7% of students who get 8 or more hours sleep).
- Been electronically bullied during the past 12 months (20% of sleep-deprived students, 13% of students who get 8 or more hours sleep).
- Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months (42% of sleep-deprived students, 25% of students who get 8 or more hours sleep).
- Seriously considered attempting suicide during the past 12 months (27% of sleep-deprived students, 14% of students who get 8 or more hours sleep).
- Made a plan about how they would attempt suicide during the past 12 months (22% of sleep-deprived students, 13% of students who get 8 or more hours sleep).
- Attempted suicide during the past 12 months (11% of sleep-deprived students, 7% of students who get 8 or more hours sleep).
- Ever tried cigarette smoking (35% of sleep-deprived students, 22% of students who get 8 or more hours sleep).
- Currently smoked cigarettes during the past 30 days (9% of sleep-deprived students, 4% of students who get 8 or more hours sleep).
- Currently used smokeless tobacco during the past 30 days (7% of sleep-deprived students, 4% of students who get 8 or more hours sleep).
- Currently smoked cigars, cigarillos, or little cigars during the past 30 days (9% of sleep-deprived students, 3% of students who get 8 or more hours sleep).
- Ever used electronic vapor products (62% of sleep-deprived students, 49% of students who get 8 or more hours sleep).
- Currently used an electronic vapor product during the past 30 days (34% of sleep-deprived students, 21% of students who get 8 or more hours sleep).
- Used an electronic vapor product on school property during the past 30 days (21% of sleep-deprived students, 12% of students who get 8 or more hours sleep).

## 2019 Montana Youth Risk Behavior Survey – Sleep Deprivation Report

Montana high school students who are sleep-deprived are more likely than those students who get 8 or more hours of sleep to have:

- Currently used electronic vapor products frequently; 20 or more of the past 30 days (15% of sleep-deprived students, 7% of students who get 8 or more hours sleep).
- Currently used electronic vapor products daily; each of the past 30 days (10% of sleep-deprived students, 5% of students who get 8 or more hours sleep).
- Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products during the past 30 days (38% of sleep-deprived students, 23% of students who get 8 or more hours sleep).
- Had a drink of alcohol during the past 30 days (37% of sleep-deprived students, 24% of students who get 8 or more hours sleep).
- Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days (20% of sleep-deprived students, 12% of students who get 8 or more hours sleep).
- Ever used marijuana in their lifetime (44% of sleep-deprived students, 31% of students who get 8 or more hours sleep).
- Used marijuana during the past 30 days (24% of sleep-deprived students, 14% of students who get 8 or more hours sleep).
- Ever took prescription pain medicine (such as Vicodin, OxyContin, Hydrocodone and Percocet) without a doctor's prescription or differently than how a doctor told them to use it (15% of sleep-deprived students, 9% of students who get 8 or more hours sleep).
- Ever had sexual intercourse in their lifetime (46% of sleep-deprived students, 38% of students who get 8 or more hours sleep).
- Had sexual intercourse with four or more persons during their life (13% of sleep-deprived students, 9% of students who get 8 or more hours sleep).
- Had sexual intercourse during the past 3 months (34% of sleep-deprived students, 27% of students who get 8 or more hours sleep).
- Drank alcohol or used drugs before last sexual intercourse (20% of sleep-deprived students, 13% of students who get 8 or more hours sleep).
- Did not eat fruit or drink 100% fruit juice during the past 7 days (6% of sleep-deprived students, 3% of students who get 8 or more hours sleep).
- Did not eat fruit during the past 7 days (12% of sleep-deprived students, 9% of students who get 8 or more hours sleep).
- Did not eat a green salad during the past 7 days (37% of sleep-deprived students, 29% of students who get 8 or more hours sleep).
- Drank a can, bottle, or glass of soda or pop daily during the past 7 days (14% of sleep-deprived students, 10% of students who get 8 or more hours sleep).
- Drank a can, bottle, or glass of an energy drink daily during the past 7 days (5% of sleep-deprived students, 3% of students who get 8 or more hours sleep).
- Not drank milk during the past 7 days (25% of sleep-deprived students, 21% of students who get 8 or more hours sleep).
- Not eaten breakfast during the past 7 days (17% of sleep-deprived students, 8% of students who get 8 or more hours sleep).
- Not been physically active for at least 60 minutes per day on 5 or more of the past 7 days (13% of sleep-deprived students, 9% of students who get 8 or more hours sleep).

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










Montana high school students who are sleep-deprived are more likely than those students who get 8 or more hours of sleep to have:

- Played video or computer games or used a computer for 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, or something that was not school work, on an average day. (40% of sleep-deprived students, 30% of students who get 8 or more hours sleep)
- Did not usually sleep in their parent's or guardian's home during the past 30 days (4% of sleep-deprived students, 2% of students who get 8 or more hours sleep).



















Montana high school students who are sleep-deprived are less likely than those students who get 8 or more hours of sleep to have:

- Eaten breakfast on each of the past 7 days (26% of sleep-deprived students, 49% of students who get 8 or more hours sleep).
- Been physically active for at least 60 minutes per day on 5 or more of the past 7 days (48% of sleep-deprived students, 57% of students who get 8 or more hours sleep).
- Been physically active for at least 60 minutes per day on each of the past 7 days (23% of sleep-deprived students, 30% of students who get 8 or more hours sleep).
- Played on at least one sports team during the past 12 months (58% of sleep-deprived students, 69% of students who get 8 or more hours sleep).
- Made mostly A's or B's in school during the past 12 months (74% of sleep-deprived students, 83% of students who get 8 or more hours sleep).

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Health Risk Behavior Percentage of students	Students Getting 8 or More Hours of Sleep	Sleep-Deprived Students (less than 8 hours sleep)	Statistical Difference
Never or rarely wore a seat belt when riding in a car driven by someone else	4.7% (3.0-6.3)	8.7% (7.0-10.4)	
Never or rarely wore a seat belt when driving	4.5% (2.8-6.2)	8.6% (6.8-10.4)	
Rode with a driver who had been drinking during the past 30 days	13.5% (11.3-15.7)	21.1% (19.4-22.7)	
Drove when drinking alcohol during the past 30 days	4.2% (2.8-5.6)	8.4% (6.8-10.0)	
Texted or e-mailed while driving a car or other vehicle during the past 30 days	47.2% (43.6-50.8)	56.1% (52.5-59.6)	
Used the Internet or apps on a cell phone while driving during the past 30 days	41.5% (38.1-44.8)	47.9% (45.1-50.8)	
Carried a weapon such as a gun, knife, or club during the past 30 days	18.7% (16.0-21.4)	24.8% (22.5-27.1)	
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	6.6% (4.7-8.4)	10.4% (8.8-12.0)	
Were threatened or injured with a weapon on school property during the past 12 months	4.7% (3.4-6.0)	8.9% (7.5-10.3)	
Ever physically forced to have sexual intercourse when they did not want to	6.9% (5.3-8.5)	10.9% (9.4-12.4)	
Were bullied on school property during the past 12 months	20.1% (17.1-23.1)	22.7% (20.6-24.8)	
Were electronically bullied (texting, Instagram, Facebook, or other social media) during the past 12 months	13.4% (11.2-15.5)	19.8% (18.0-21.5)	
Were the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months	11.0% (8.9-13.2)	13.9% (12.3-15.5)	
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	24.6% (21.3-27.9)	42.0% (39.8-44.2)	
Seriously considered attempting suicide during the past 12 months	14.4% (12.1-16.6)	27.3% (25.3-29.3)	
Made a plan about how they would attempt suicide during the past 12 months	13.2% (10.7-15.6)	22.4% (20.5-24.2)	
Attempted suicide during the past 12 months	7.1% (4.9-9.2)	11.2% (9.5-12.8)	
Ever tried cigarette smoking	21.9% (18.7-25.1)	34.9% (32.3-37.5)	
Currently smoked cigarettes during the past 30 days	4.1% (2.5-5.6)	9.2% (7.8-10.5)	
Currently used smokeless tobacco during the past 30 days	4.1% (2.8-5.4)	6.9% (5.7-8.1)	
Currently smoked cigars, cigarillos, or little cigars during the past 30 days	3.8% (2.6-5.1)	8.8% (7.3-10.4)	

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Health Risk Behavior Percentage of students	Students Getting 8 or More Hours of Sleep	Sleep-Deprived Students (less than 8 hours sleep)	Statistical Difference
Ever used electronic vapor products	<b>49.3%</b> (45.4-53.1)	<b>62.1%</b> (59.4-64.9)	
Currently used electronic vapor products during the past 30 days	<b>20.7%</b> (17.5-23.9)	<b>34.1%</b> (31.5-36.7)	
Used an electronic vapor product on school property during the past 30 days	<b>12.5%</b> (10.2-14.9)	<b>21.3%</b> (19.3-23.2)	
Currently used electronic vapor products frequently (on 20 or more of the past 30 days)	<b>7.1%</b> (5.0-9.1)	<b>15.1%</b> (13.3-17.1)	
Currently used electronic vapor products daily (on all the past 30 days)	<b>4.9%</b> (3.1-6.6)	<b>10.4%</b> (8.8-12.0)	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products during the past 30 days	<b>23.3%</b> (20.1-26.5)	<b>37.7%</b> (34.9-40.5)	
Currently drank alcohol during the past 30 days	<b>24.3%</b> (21.5-27.2)	<b>37.1%</b> (34.5-39.7)	
Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days	<b>12.0%</b> (9.7-14.3)	<b>20.0%</b> (18.0-21.9)	
Ever used marijuana in their lifetime	<b>30.6%</b> (26.5-34.7)	<b>43.7%</b> (40.9-46.4)	
Currently used marijuana during the past 30 days	<b>14.0%</b> (11.1-16.8)	<b>23.8%</b> (21.6-26.0)	
Ever used methamphetamines in their lifetime	<b>1.8%</b> (0.8-2.8)	<b>2.5%</b> (1.6-3.3)	
Ever used ecstasy in their lifetime	<b>2.9%</b> (1.7-4.1)	<b>4.7%</b> (3.7-5.7)	
Ever took prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone and Percocet) without a doctor's prescription or differently than how a doctor told them to use it	<b>8.6%</b> (6.9-10.3)	<b>14.6%</b> (13.0-16.1)	
Ever had sexual intercourse in their lifetime	<b>37.7%</b> (33.7-41.5)	<b>46.4%</b> (43.5-49.3)	
Had sexual intercourse with four or more persons during their life	<b>8.9%</b> (6.7-11.1)	<b>13.4%</b> (11.8-14.9)	
Had sexual intercourse during the past 3 months	<b>26.8%</b> (22.9-30.7)	<b>34.2%</b> (31.5-36.9)	
Drank alcohol or used drugs before last sexual intercourse	<b>13.1%</b> (9.0-17.1)	<b>20.4%</b> (17.7-23.2)	
Did not eat fruit or drink 100% fruit juice during the past 7 days	<b>3.3%</b> (2.0-4.6)	<b>6.3%</b> (5.1-7.5)	
Did not eat fruit during the past 7 days	<b>8.3%</b> (6.6-10.0)	<b>12.1%</b> (10.5-13.6)	
Did not eat a green salad during the past 7 days	<b>28.9%</b> (25.7-32.2)	<b>36.5%</b> (34.4-38.6)	
Did not eat any vegetables (green salad, potatoes, carrots, or other vegetables) during the past 7 days	<b>3.6%</b> (2.0-5.3)	<b>6.3%</b> (4.9-7.7)	

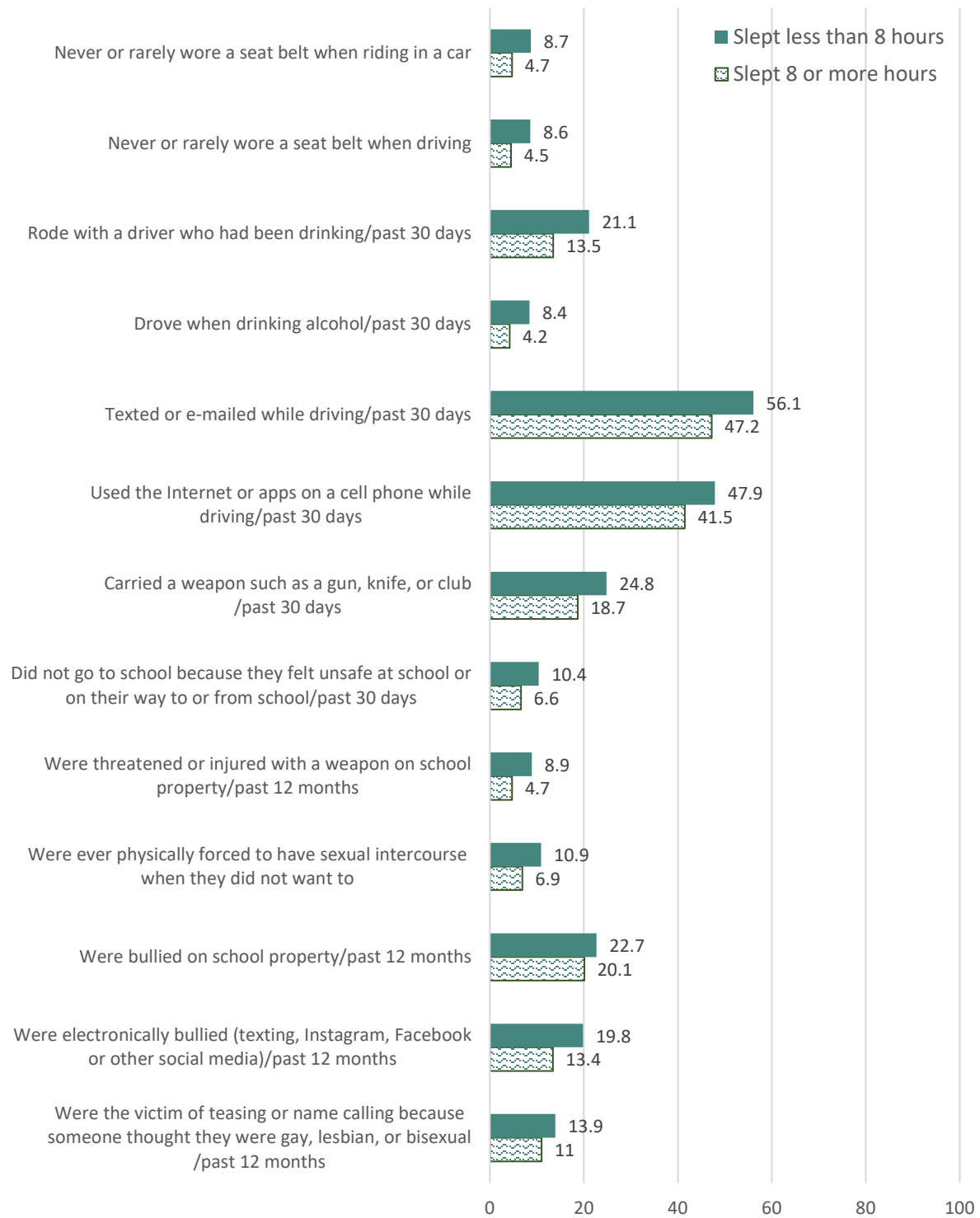


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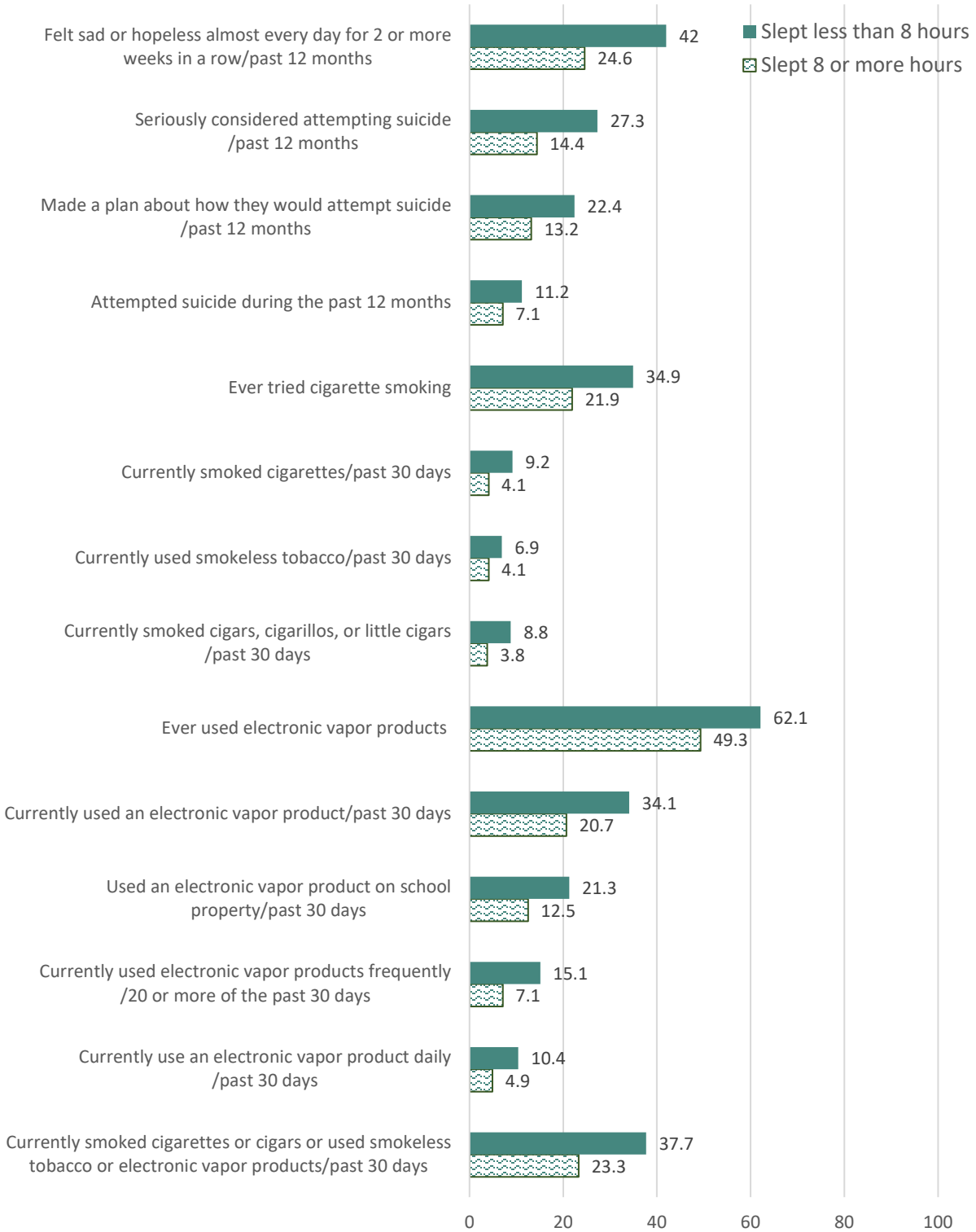
Health Risk Behavior Percentage of students	Students Getting 8 or More Hours of Sleep	Sleep-Deprived Students (less than 8 hours sleep)	Statistical Difference
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	<b>10.1%</b> (8.1-12.1)	<b>14.2%</b> (12.4-16.0)	
Drank a can, bottle, or glass of an energy drink daily during the past 7 days	<b>2.6%</b> (1.4-3.8)	<b>5.1%</b> (4.0-6.2)	
Did not drink milk during the past 7 days	<b>20.5%</b> (18.2-22.7)	<b>24.8%</b> (22.8-26.7)	
Did not eat breakfast on any of the past 7 days	<b>8.4%</b> (6.8-10.0)	<b>16.5%</b> (14.7-18.2)	
Ate breakfast on each of the past 7 days	<b>48.9%</b> (45.4-52.5)	<b>26.1%</b> (24.0-28.1)	
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	<b>57.2%</b> (53.4-60.9)	<b>48.4%</b> (45.9-51.0)	
Were not physically active at least 60 minutes per day on any of the past 7 days	<b>8.5%</b> (6.4-10.5)	<b>13.3%</b> (11.7-15.0)	
Were physically active at least 60 minutes per day on each of the past 7 days	<b>30.0%</b> (26.7-33.3)	<b>23.3%</b> (21.1-25.5)	
Played on at least one sports team during the past 12 months	<b>68.5%</b> (65.1-71.8)	<b>57.6%</b> (54.8-60.3)	
Watched 3 or more hours of TV on an average school day	<b>17.5%</b> (14.4-20.5)	<b>19.8%</b> (18.2-21.5)	
Screen time - Played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)	<b>29.6%</b> (26.2-33.0)	<b>39.8%</b> (37.2-42.4)	
Made mostly A's or B's in school during the past 12 months	<b>83.4%</b> (80.1-86.7)	<b>73.9%</b> (71.1-76.8)	
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	<b>12.8%</b> (10.7-14.9)	<b>15.6%</b> (13.8-17.4)	
Did not usually sleep in their parent's or guardian's home during the past 30 days	<b>1.7%</b> (0.8-2.6)	<b>3.9%</b> (3.0-4.9)	
Had a concussion from playing a sport or being physically active during the past 12 months	<b>15.4%</b> (13.3-17.6)	<b>17.2%</b> (15.5-18.6)	



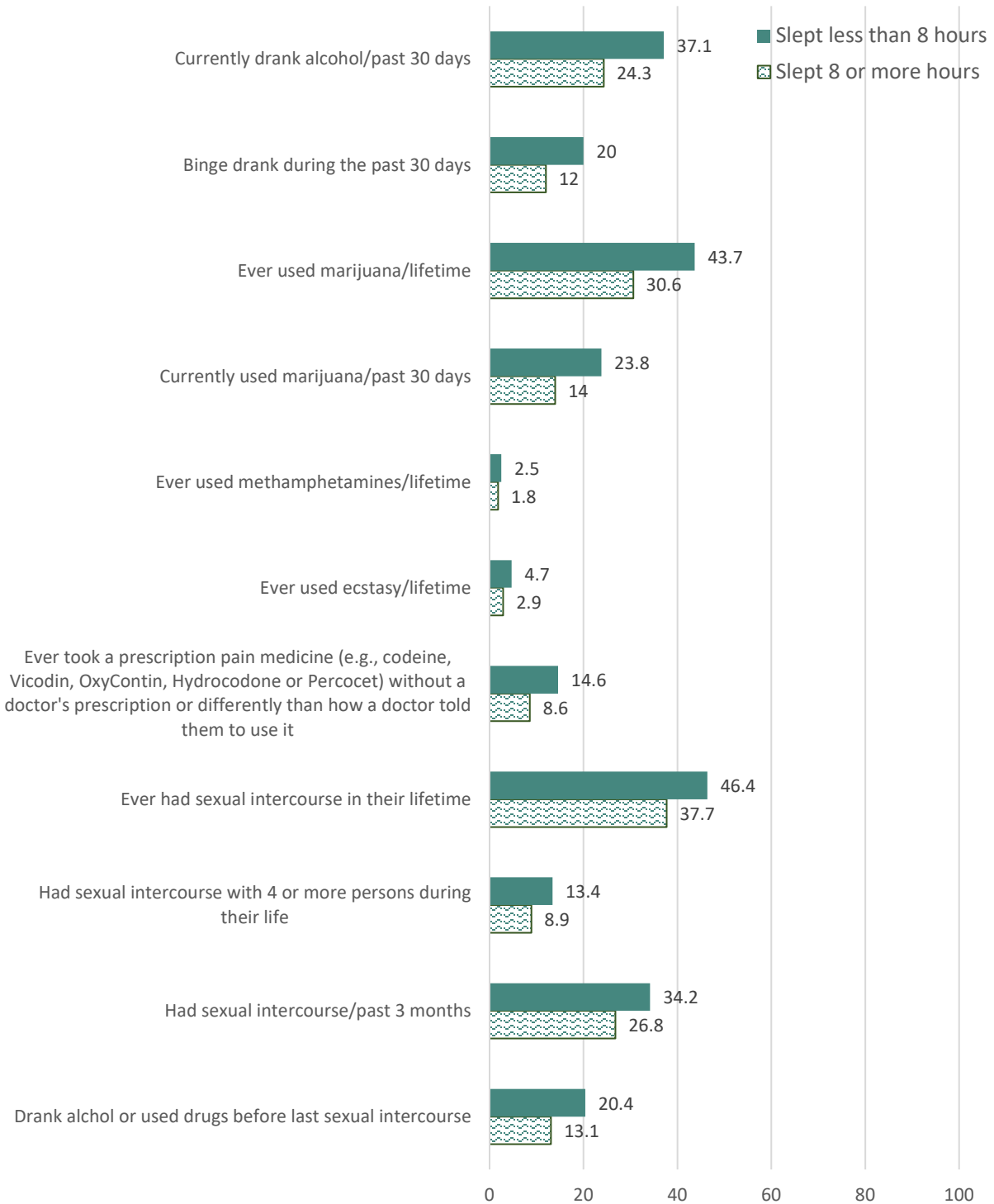
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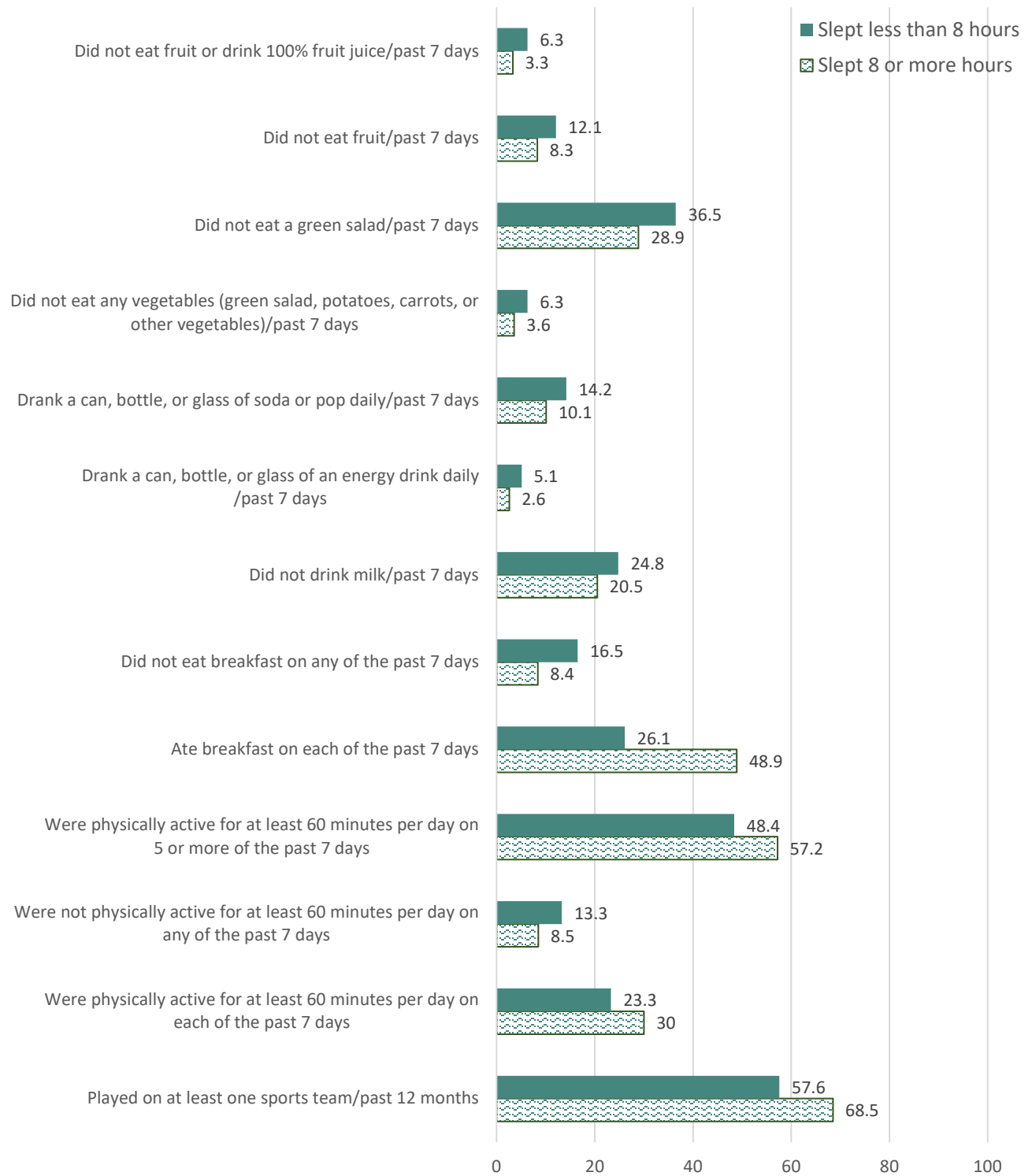
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